

LEARNING TO COUNT



“Teach us to **number our days,**
that we may gain a heart of
wisdom.”

Psalm 90:12 NIV

Counting the days of our life
puts more **life** in our life.

“The thief comes only to steal and kill and destroy; I have come that they may have **life**, and have it to the **full**.”

John 10:10 NIV

If Jesus came to offer us a better life, why do so many of us settle for a lesser life?

“The thief comes only to steal and kill and destroy; I have come that they may have **life**, and have it to the **full**.”

John 10:10 NIV

HATE

HATE

“You have heard that it was said,
‘Love your neighbor and hate
your enemy.’

Matthew 5:43 NIV

HATE

But I tell you, love your
enemies and pray for those
who persecute you,

Matthew 5:44 NIV

HATE

that you may be children of
your Father in heaven...

Matthew 5:45 NIV

HATE

If you love those who love you,
what reward will you get?
Are not even the tax collectors
doing that?"

Matthew 5:46 NIV

WORRY/ANXIETY

WORRY/ANXIETY

“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal.

Matthew 6:19 NIV

“Stress. It is probably one of the biggest risks we face. The more worried you are that you might get sick, the more likely it is that you will, or if you do get sick that you'll end up sicker, or even dead, from an illness you might have survived if you just didn't worry so much.”

The more worried you are about the health of your heart, the more damage you do to your heart. The more worried you are about losing your memory, the more your memory fades. The list of damage that worry can do, because of the biology of stress, is long and scary.

Which means that not worrying more than we have to may be the best thing we can do for our health.

The pressures of our times have many of us caught in the web of the most acceptable yet energy draining sin in the Christian family: worry.

The stress from worry drains our energy and preoccupies our minds, stripping us of our peace. Few in God's family are exempt. We are over big things and little things. Some of us have a laundry list of concerns that feed our addiction to worry. Anxiety has become a favorite pastime that we love to hate.

*And worse, we're passing it on to our children.
As they see worry on our faces and as
they hear it from our lips, we're mentoring them
in the art of anxiety."*

- Chuck Swindoll

WORRY/ANXIETY

“Therefore I tell you, do not **worry**
about your life,

Matthew 6:25 NIV

WORRY/ANXIETY

...do not **worry** about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

Matthew 6:25 NIV

Our greatest worries reveal
our greatest values.

WORRY/ANXIETY

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. **Are you not much more valuable than they?**

Matthew 6:26 NIV

WORRY/ANXIETY

Can any one of you by worrying add
a single hour to your life?

Matthew 6:27 NIV

WORRY/ANXIETY

And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.

Matthew 6:28 NIV

WORRY/ANXIETY

Yet I tell you that not even Solomon
in all his splendor was dressed
like one of these.

Matthew 6:29 NIV

WORRY/ANXIETY

If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—

Matthew 6:30 NIV

WORRY/ANXIETY

If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of **little faith**?”

Matthew 6:30 NIV

Worry is assuming
responsibility for things that
are out of our control.

WORRY/ANXIETY

“So **do not worry**, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father **knows** that you need them.”

Matthew 6:31-32 NIV

When it comes to your life...
If you can, do! If you can't, trust!

FOOLISHNESS

FOOLISHNESS

“Therefore everyone who hears these words of mine and puts them into **practice** is like a **wise** man who built his house on the **rock**.

Matthew 7:24 NIV

FOOLISHNESS

The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its **foundation** on the rock.

Matthew 7:25 NIV

FOOLISHNESS

But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand.

Matthew 7:26 NIV

FOOLISHNESS

The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

Matthew 7:27 NIV

Life is too short to give
your life to things that take life
rather than give life.

What are you forfeiting your life
to?